

ANNUAL NARRATIVE REPORT

NAVAJO COUNTY, 1942

BY

Alice F. Beesley

HOME DEMONSTRATION AGENT

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Home Demonstration Agent  
Navajo County, 1942

SUMMARY OF STATISTICAL AND NARRATIVE REPORT  
HOME DEMONSTRATION WORK  
Navajo County, 1942

The work of the Home Demonstration Agent for the period beginning December 1st, 1941 and ending November 30th, 1942 in Navajo County consisted of 99 days in the field and 129 days in office work. One hundred and ninety-one days were devoted to work with adults and a total of 61 method demonstrations were presented to 779 homemakers. Three training meetings were held for local adult leaders and 6 meetings were held with 4-H leaders. Eight local 4-H Achievements were held and one county wide 4-H Achievement with an attendance of 190 4-H Boys and Girls, leaders and parents. Twenty-eight other meetings were held with adults and 24 with 4-H club members.

Fourteen days were devoted to demonstrations and individual assistance on the House, Furnishings, etc. The demonstrations were on Re-upholstering furniture and Household repairs.

Ninety-nine days were devoted to demonstrations and other assistance on the subject of Nutrition and Health. This phase of the Extension was subdivided into the following projects: Food Production, Food Preservation and Storage, Food Selection and Preparation, and other Health and Safety work.

A total of 47 days were spent conducting demonstrations or giving individual assistance in Clothing, Family Life and Recreation.

Fifty-seven girls completed 4-H Club projects in Clothing, 15 completed projects in Food Preparation and 2 completed Canning projects.

The Nutrition Specialist, Lola T. Dudgeon, assisted the Home Demonstration Agent 6 days in the county in addition to the Extension school which was held at the University of Arizona. Mrs. Dudgeon gave specific assistance on the following subjects: Dehydration of fruits and vegetables, Canning, Bread Making and Poultry Cookery. Assistance and information was also given in the form of Nutrition Leaflets which were sent to local nutrition leaders each month on current nutritional problems.

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The Clothing Specialist, Lorene Dryden, spent two days in Navajo County assisting the Home Demonstration Agent on the subject of "Selection and Care of Shoes". Miss Dryden also gave an Extension course on "Care of a Sewing Machine" which was attended by the Home Demonstration Agent. Information was sent to the County Office during the year which in turn was presented to local Clothing leaders so that they might present the information to groups in their communities. Miss Dryden assisted with reports on the Cotton Mattress and Comforter Program which was completed with a total of 203 mattresses and 284 comforters made this year.

The Home Demonstration Agent has cooperated in the following projects which contribute to the war effort: Home canning, drying of fruits and vegetables, home storage of foods, enriched flour and bread, homemade breads, checking pressure cooker gauges, care and adjustment of sewing machines, home repairs, fire hazards, care of sick and accident preventions, supervision of refresher courses for Home Economics trained persons, supervision of Red Cross Nutrition classes, Victory gardens, poultry and egg production, milk, butter and cheese production, school lunch projects, cod-liver oil for school children, sugar substitutes, and the Campaign on Share-the-Meat.

The projects which contributed to the war effort were conducted in cooperation with the following agencies: Office of Civilian Defense, Farm Security Administration, Agricultural Adjustment Administration, County Nutrition Committee, War Board, Red Cross, Social Security and Public Health.

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ANNUAL NARRATIVE REPORT

Agricultural Extension Service  
Navajo County, Arizona

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GENERAL ACTIVITIES:

At the Agricultural Extension Annual Conference in December, 1941 the Home Demonstration Plan of Work for the first six months of the year was planned and organized. An effort was made to put all possible emphasis on projects which would be of assistance to homemakers during our war emergency. The plan of Work for the last six months of the year was planned at the spring Home Demonstration Agent conference held at the University of Arizona in May. An effort was made to hold a county meeting of leaders to plan the year's program but due to such long distances for transportation it was impossible to hold the meeting so each leader was sent a letter and check list on which they were asked to suggest projects in which their club members would be interested in having assistance. A summary page giving information on Family Living which was prepared by Howard R. Baker, Extension Economist, was also sent with the program check list. The check sheet may be found on page 22 and the Summary of Family Living on page 23 .

Projects for the year cover the subjects of: Home Accidents, Health, Selection and Care of Shoes, Home Production of Food, Canning, Dehydration of Foods, Selection and Care of Eggs, Lunch for the School Age Child, Bread Making, Poultry Cookery and General Nutrition. These projects were carried on by the Home Demonstration Agent with demonstrations being used wherever possible as the teaching method. The Clothing, Nutrition, Dairy and Poultry Specialists and Horticulturist gave valuable assistance at Extension Schools and individually with the Home Demonstration Agent in their respective fields of work. All emphasis was placed upon assisting the rural homemaker to produce more than ever before and to conserve all possible foods and clothing by proper preservation and other methods of storing.

The program was planned as outlined in the year's Plan of Work on page 24, 25 and 26.

The Home Demonstration Agent feels that there has been a definite increase in requests for assistance and also other evidences of confidence in the information presented by the Extension Service. The rural people have cooperated in a very fine way in gathering together information which

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GENERAL ACTIVITIES: (Con't)

may be used at a future time and which it was imperative that the Extension Office have on file. This information was in relation to amounts of seed needed; the supply on hand of jars, lids, rubbers, cookers, etc., and the amounts of these that would be needed in preserving foods produced this year. Local commercial agencies have become more conscious of information on foods and food consumption through the projects on enriched flour and bread, use of wheat germ and information on voluntary meat rationing. Civic organizations such as Lions' Club, Rotary Club, Red Cross, Women's Club, Church organizations, Social Security and Welfare and Farm Security Administration have asked the Home Demonstration Agent to present information on Nutrition and food in general to their respective groups. The Home Demonstration Agent has cooperated with all these agencies in every way possible and has presented the best information which she could obtain to all groups.

Rural women are much more conscious of their responsibilities as homemakers and a noticeable effort has been made to meet those responsibilities. There has not been an increase in the number of Homemakers Clubs or 4-H Clubs in the county but the quality of work undertaken and accomplished has justified every effort. Means of transportation and of obtaining individual leadership has been difficult but there has been much more exchanging of Extension information among groups in rural communities than in previous years.

Plans have been made all during the current year to confine all efforts to meet the emergency problems. Transportation and communication facilities will become more serious in another year but this is recognized by the rural people as well as the Extension office and every means of cooperating and getting information to and from the rural homemaker will be made.

On page 27 a map is given showing communities in which the Home Demonstration Agent cooperates with different Extension programs.

Listed below is a summary of the General Activities in which the Home Demonstration Agent cooperated during the current year:

Days devoted to Adults - - - - -	191
Days devoted to 4-H Clubs - - - - -	37
Days in office - - - - -	129
Days in field - - - - -	99
Number of home visits - - - - -	248
Office calls - - - - -	251
Telephone calls - - - - -	271

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Bulletins distributed - - - - -	1659
Total meetings - - - - -	123
Attendance at meetings - - - - -	1645
Car miles traveled - - - - -	4291

The Neighborhood Leader system has been organized so as to reach all rural homes in the county with current information relative to war activities. These leaders have assisted in giving out information on Fire prevention, Fat Salvage, and the week of November 30th to December 5th they will take information on the Share-the-Meat Campaign. These leaders have assisted in securing information on needed supplies for home preservation of foods such as jars, lids, and pressure cookers needed.

The Home Demonstration Agent attended two Extension Schools during the current year. One was a school under the direction of three Specialists namely: Clyde Rowe, on Poultry and Dairying, Harvey Tate on Gardening, and Lola T. Dudgeon on Dehydration of Foods. The other was a three day instruction course on "Adult teaching and the Neighborhood Leader System", under the very able leadership of Gladys Gallup, Senior Home Economist from the Department of Agriculture.

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EXTENSION ORGANIZATION AND PLANNING:

In April, 1942, Jean M. Stewart, State Leader in Home Demonstration work and the Home Demonstration Agent attended a meeting in Holbrook which was called for the purpose of discussing the organization of a County Nutrition Committee. Persons attending this organization meeting represented the following groups and agencies: Agricultural Extension, Farm Security Administration, Social Security and Welfare, Red Cross, Public Schools, P. T. A. Public Health, and laymen. A County Committee was organized with Mrs. Marvel Bruce, Home Economics teacher at Snowflake, as chairman. Mrs. Bruce appointed a Nutrition Co-chairman for each community or town in the county. A second county committee meeting was held in May and projects for county-wide consideration were suggested. Emphasis was placed upon a survey of nutritional conditions over the county, enriched flour and bread, and Lunches for the School Age Child. In October a joint meeting was held in Holbrook of Navajo and Apache County Nutrition Committees. Mrs. Agnes English Vaughn, District Nutrition Consultant, was the main speaker at this meeting. Co-chairmen from each community represented gave reports on projects which have been carried out or which were then in progress. This exchange of ideas on projects and the suggestions given by Mrs. Vaughn were very beneficial to the leaders who were present.

Two representatives from the State Nutrition Council attended a planning meeting in November at Snowflake for the purpose of making arrangements for carrying on the Share-the-Meat Campaign. The Office of Civilian Defense, Extension Service and County Nutrition Committee cooperated in organizing and presenting this material to all families in the county. Holbrook and Winslow carried out the program under block leaders and the remaining communities worked under the neighborhood leader system and with the cooperation of visiting teachers in the Church of the Latter Day Saints. County Nutrition Co-chairmen instructed the block and neighborhood leaders, preparing them to take the information to the homes. It was estimated that very few families who eat meals at home use the sharing quota suggested per person or per family. Few rural families purchase meat in local meat markets as they kill and put up home-produced meats. However, the cattlemen eat heavily of meat during the shipping season and during the winter months. These families were urged to conserve their supply so they will have meat for summer use.

The Home Demonstration Agent met with local leaders of organized groups wishing Agricultural Extension assistance. Later a letter was sent to each leader asking her cooperation in making plans for projects which would be presented during the year. A copy of this letter is on page 21 and the Plan of Work on pages 24, 25, and 26 contains the projects, methods of presentation, and goals which were emphasized during 1942.



THE HOUSE, FURNISHINGS, ETC.:

Kitchens:

Requests were received in the County Extension Office on the subject of kitchen arrangements and storage space. Twenty-four individual homemakers were assisted with this subject. The subject of kitchens was a church project among the Relief Society members in 1941 and many of these requests came from homemakers who had learned of the Extension assistance at that time.

Home Repairs:

Many requests had been received for assistance on care of the sewing machine, electric appliances, and other home repairs so when making plans for the year's program an effort was made to secure information from the homemakers relative to any assistance which they would like to have on the care and repair of home equipment. On page 29 is a copy of the questionnaire which was prepared in the State Office and which was sent to each homemaker.

Donald Hitch, Soil and Irrigation Specialist, gave a training demonstration on Home Repairs at Snowflake. At this meeting Mr. Hitch taught the leaders to use a saw, plane, square, etc. He also illustrated the repair of electric cords and how to replace worn out connections. Each woman present was taught to sharpen knives and scissors. Actual participation in sawing, using the plane and sharpening knives and scissors was interesting to the women.

The Home Demonstration Agent presented this demonstration in eight communities with 124 homemakers taking part in home repairs.

Housekeeping Methods:

Demonstrations on the subject of scouring powders were given at club meetings. Six different kinds of scouring powders were shown and the contents, weights, and costs studied. The powders were tried out for contents of abrasive and soaps. Two clubs were given assistance on the subject of floor coverings and finishes.

Information on the repair of chairs and general upholstery

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was given to Homemakers by the use of strip films and posters secured from the Bureau of Home Economics. Samples of suitable fabrics were also studied. At four all-day meetings overstuffed chairs and footstools were re-upholstered. Pictures on page 36 show a chair at three stages of progress in upholstering.

#### Mattress Program:

The only place in the county where the Cotton Mattress and Comforter Program was continued during 1942 was on the Hopi Indian Reservation. Their program has been concluded and a summary is given below:

1.	Number of centers in which work was conducted-	- - - -	6
2.	Number of communities participating	- - - - -	6
3.	a. Number of training meetings held by H.D.A.	- - -	0
	b. Number of training meetings held by Specialists		0
4.	Number of supervisory visits to centers by H.D.A.	-	0
5.	Number of supervisors or local leaders assisting		
	Men	- - - - -	3
	Women	- - - - -	10
6.	Total number of applications received	- - - - -	150
7.	Total number of mattresses included in applications		197
8.	Total number of comforters included in requests	-	259
9.	Total number of families certified	- - - - -	150
10.	Number of mattresses made	- - - - -	203
11.	Number of comforters made	- - - - -	284

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NUTRITION AND HEALTH:

Home Production:

Early in 1942 an estimate was made as to the number of pounds of garden seeds for garden use that would be needed in the county this year. Homemakers, storekeepers, and the County Agent assisted in compiling the information listed below:

Asparagus	1,500 roots	Parsnips	40 lbs
Beans	1,500 lbs	Peas	1,500 "
Beets	275 "	Red peppers	40 "
Carrots	200 "	Sweet peppers	60 "
Cabbage	38 "	Potatoes	30,000 "
Cauliflower	30 "	Radishes	90 "
Sweet corn	1,200 "	Rhubarb roots	1,000 "
Cucumber	40 "	Spinach	85 "
Lettuce	40 "	Summer squash	40 "
Musk melons	80 "	Winter squash	80 "
Onion	60 "	Tomatoes	40 "
Onion	1,500 sets	Turnips	90 "
Watermelons	90 lbs.		

In March an Extension School was held at the University of Arizona and Harvey Tate, Extension Horticulturist, gave the Home Demonstration Agents instructions on how to prepare a seed bed, planting, watering and general care of a home garden. All families have been urged to have home gardens and to plan for a year round garden if possible. It is estimated that there were one-third more home gardens this year than in the past. Many homes were visited during the harvest season by Mr. Tate and by Mr. Turville, County Agent at large. Mr. Turville's visits aroused a great deal of interest in the tomato and cabbage crop. Tomatoes were unusually good this year in this county and it was found that fertilizing made a marked improvement upon the production.

The Poultry Specialist, Clyde Rowe, gave two demonstrations to Homemakers on the Care and Selection of Eggs for Marketing. A number of home flocks have produced more eggs than could be used for home consumption. Instructions were given on home storage and many have reported storing eggs and butter for home use during the winter months. At the Extension School which was held at the University in March, Mr. Rowe gave instructions to the Home Demonstration Agents on the care of dairy equipment and rations for dairy cows. Mr. Davis of the University staff gave a demonstration on butter making and also explained in detail the making of cheddar

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and cottage cheese. Many homemakers in the mountain regions make cheese and store it for winter use.

#### Food Preservation and Storage:

The Extension Nutritionist, Lola T. Dudgeon, gave a demonstration to nutrition leaders and homemakers on home canning. This was an all-day meeting with information on Nutrition and the Family Food Supply being presented in the morning and the actual demonstration of canning by the hot water bath method and by the pressure cooker method being given in the afternoon. Rhubarb, asparagus, and carrots were canned. Local leaders and the Home Demonstration Agent presented this demonstration in other centers in the county.

An estimate was made as to the canning equipment which will be needed during the year and the following results obtained: There are approximately 200,000 jars in the county for which lids and rubbers will be needed. About 10,000 new jars and tops will be needed and about 2,500 tin cans. It was estimated that approximately 18 pressure cookers would be purchased if they are available. Twelve homemakers who need cookers badly have made two to four efforts to obtain them but have not been able to get them. More food has been canned in Navajo County this year than ever before. It has been estimated that there is now on storage shelves 100,000 quarts of fruit, 80,000 quarts of vegetables and 60,000 quarts of canned meats.

Care and repair of canning equipment has been emphasized all during the canning season. The altitude in Navajo County makes it absolutely necessary to use pressure cookers for all vegetable and meat canning. A total of 52 pressure cooker gauges have been checked in the county and recommendations for gauge and altitude corrections given for each.

Two girls in Woodruff carried 4-H canning projects this year. Elda Bowler canned 234 quarts of fruits, vegetables and preserves and Elaine Turley canned 100 quarts of fruits and vegetables. This was the third year of club work for Elda and the first year for Elaine.

The Home Demonstration Agent attended three community meetings of the Farm Security Administration on Food for Victory and gave a short talk on the ways in which the Extension Service wishes to cooperate with the farm women on caring for home produced foods. Special emphasis was placed on canning and storing the foods and all were urged to take special care of all pressure cookers and other canning equipment. These meetings were held at Joseph City, Snowflake, and Linden and approximately 110 farm men and women were in attendance.

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The County Extension Office has 3 sizes of pressure cookers and these are in constant use by rural homemakers during the busy vegetable and meat canning periods.

At the Planning meeting at the University of Arizona in May the Extension Nutritionist, Lola T. Dudgeon, conducted a training meeting for the Home Demonstration Agents on the dehydration of fruits and vegetables. Instructions on methods of preparing food for drying and the importance of proper following time charts for steaming have been given. The Home Agent gave drying demonstrations in nine communities and has provided information on drying to 184 homemakers.

It is estimated that there are 1,500 pounds of dried fruit, 5,000 pounds of dried vegetables and 250 pounds of dried meat.

The Extension Horticulturist, Mr. Harvey Tate, made a number of contacts in the county giving assistance and information to farm people on the storage of foods for winter use. Many rural homes have a room in the home for storing vegetables, fruits and meat while others have used underground or above-ground pits for storage.

#### Food Selection and Preparation:

The subject of enriched flour and bread was emphasized in all communities in the county and from a survey which was made early in the year it was learned that Holbrook was the only community in which enriched flour was being sold. Repeated requests from homemakers has made it available in all central stores in the county in November, 1942. Navajo County has the good fortune of having a small local mill and many families take their own wheat to this mill and exchange it for whole wheat and white flour. Demonstrations on homemade bread were popular and many families are now making their own bread. The loss of vitamin B was explained in using soda and baking powder as leavening agents for quick breads and all were encouraged to use yeast for making their own bread and rolls.

The difference between hard and soft wheat was explained and gluten balls made to illustrate the difference in protein content in the two kinds of flour. The difference between the hard and the soft wheat was explained as it applies to the technique and quantity used in making bread.

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The Home Demonstration Agent has presented Red Cross Nutrition classes to groups in three communities and sponsored groups in two other communities in the county. These have been night classes and demonstrations were used at the major method of presenting the information. The following subjects were presented: Are We Well Fed?, Energy Foods, Protein Foods, Minerals in the Diet, Vitamin Content of Foods, Meal Planning, Food Costs, Diet Variation, Food Habits and Nutritional Goals. One hundred and six homemakers enrolled in these courses. The Home Demonstration Agent conducted refresher courses in Nutrition for ten Home Economics trained people in the county who will in turn instruct groups in Red Cross Nutrition Courses.

The Holbrook Nutrition Co-chairman was instrumental in getting three stores in Holbrook to put up an exhibit of "Food for a Family of Four Persons for Four Days". Circular material containing this information was sent to each homemaker on the Extension mailing list early in May. The Home Demonstration Agent had an exhibit of the suggested foods in quantities for two persons for four days and carried the exhibit with her to set up at various community meetings. On page 28 is a copy of the circular letter which was used for this project.

Mrs. Lola Dudgeon, Extension Nutritionist, spent 2 days with the Home Agent presenting information on "Poultry Cookery". The complete process of preparation of a holiday dinner was carried out. Two complete menus were planned using Navajo and Apache counties produced foods. The menu calling for chicken as the meat was the one which was prepared and served by Mrs. Dudgeon and the Home Agent. The Home Agent was glad to receive the special information on the way to prepare a chicken or a turkey for roasting so as to utilize all possible space for stuffing or dressing. The drawing of tendons and different ways of trussing the bird were also emphasized.

Two communities have made special requests for the poultry cookery demonstrations during the month of December since it was necessary to cancel the meetings in November.

#### School Lunch:

Lunches are being served to four schools in the county using commodities from the Agricultural Marketing Administration. The Penny milk plan has been in operation this year for the first time in the county. In the Holbrook Elementary school all children are receiving one half pint of milk daily. The principal of this school, Miss Bess Richards, reports a definite increase in weight since the beginning of the project of all children receiving the milk.

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HEALTH AND SAFETY:

Demonstrations on "Accidents in the Home" were given in four communities. This was a follow-up project on Care of the Sick in The Home which was given in 1941. A First-Aid kit or home medicine chest was demonstrated and information on causes and results of accidents in the home was given. Each homemaker was asked to fill out a check-list which aided her in analyzing conditions in the home which might result in serious accidents. A copy of the check-list may be found on page 30. This list was obtained from the Red Cross.

Home Nursing and First-Aid Red Cross Courses have been given by doctors and nurses in three communities in the county. The County Nurse, Mrs. Louise Morgan, cooperated with the Home Demonstration Agent in presenting health information to rural women.

Fire Hazard:

The Home Demonstration Agent attended a conference with Mr. A. B. Ballantyne, Extension Specialist, for assistance in organizing the Fire Hazard Program so as to reach every rural family with this information. The letters on pages 31 and 32 were sent to community and neighborhood leaders. The Fire Hazard check-sheets found on page 33 was sent to each neighborhood leader who in turn took it to each family in her immediate neighborhood. Approximately 1,000 Home Fire check sheets were sent out to 55 Fire Wardens or neighborhood leaders in 10 communities. These sheets were to be returned by June 29th. Twenty-two Fire Wardens returned a total of 285 check sheets. Three home fires have been reported since the campaign on fires. In two cases the cause was unknown and in the other case two small boys started the fire while playing.

CLOTHING AND TEXTILES:

Mittens and Gloves:

The Home Demonstration Agent conducted eight demonstrations on the homemade "Mittens and Gloves" in Navajo County with a total attendance of 92 homemakers. Mittens or gloves were cut out and basted together by the women at all of these meetings with the exception of Snowflake where the demonstration was given in conjunction with the L.D.S. Relief Society meeting. The Home Demonstration Agent made patterns of each kind of mittens and gloves from scraps of

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CLOTHING AND TEXTILES: (Con't)

oilcloth and these proved very useful at the demonstrations for illustrations by putting them over the hand and visualizing the method of construction. The oilcloth patterns were also used by the women to cut out their own mittens or gloves. The patterns had been run through the typewriter and the instructions printed on them. Many women expressed their intention of making their own patterns of oilcloth where they knew they would be making a number of mittens of one size.

Remodeling Clothing:

Approximately 74 homemakers were given individual assistance on Care, Renovation and Remodeling of Clothing. This information was given in demonstrations in 1941 and these problems had come as a result of former assistance. Those who had attended demonstrations in 1941 reported that the assistance and information had been used many times and that they in turn had assisted others with the information. The picture on page 39 illustrates a remodeled jacket (from a man's mackinaw) and a pair of mittens with knit cuffs made from an old sweater.

Sewing Machines:

The Home Demonstration Agent attended a demonstration held in Prescott by Miss Dryden at which the Home Demonstration Agents received instructions on the care of the machine and oiling of a machine. The Agent was very glad to receive this assistance and feels the organized printed material on the oiling and care of a sewing machine will be valuable to the homemakers who must of necessity keep their machine in good running condition. A total of 65 requests for assistance on care of the sewing machine has been received from Navajo County homemakers. This information will be presented early in 1943.

Shoes:

The Clothing Specialist, Lorene Dryden, held a leaders training meeting on the subject of "Selection and Care of Shoes." Local leaders repeated this demonstration on care of shoes and the Home Demonstration Agent presented the demonstration in five communities. Footprints of women, children, and men were shown to illustrate the values of studying footprints and the relation

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of them to the selection of shoes. A total of 80 women attended these demonstrations and many of them expressed appreciation for the information for themselves and especially for guidance in selecting shoes for their children.

Two clothing leaders in local L. D. S. Relief Societies were given assistance on the subject of "Hosiery" which they in turn presented to their local groups. These leaders used the Hosiery Kit which was prepared by Lorene Dryden, Clothing Specialist.

#### RECREATION AND COMMUNITY LIFE:

Information and literature on recreation and community life has been secondary to the other Extension demonstrations. The Holbrook Homemakers Club held a Christmas meeting entertaining their husbands and children. 4-H Club groups held outings, parties, and other gatherings of a social nature. One club sponsored a dance and raised money to pay expenses to the County 4-H Achievement. A number of requests have been received for program material and they have been supplied with literature or program aids prepared by Mr. A. B. Ballantyne, Specialist in Rural Sociology.

#### 4-H PROJECTS AND ACTIVITIES:

##### Clothing:

Fifty-seven girls completed 196 garments or clothing projects in their 4-H clubs. These girls were organized in seven clubs and work was done in first, second and third year Clothing. There were thirteen blue ribbon dresses from the seven clubs at the 4-H Achievement judging and five silver medal awards were presented to winners of the Dress Revue. Nan Frost of Linden received the county award for Clothing Achievement having completed both first and second year Clothing during the club year and receiving blue ribbons on all of her projects.

##### Meal Planning:

Fifteen girls completed 4-H Meal Planning projects. These girls planned a total of 90 meals and served 65 meals.

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Local achievements were held for these clubs the week previous to the County 4-H Achievement. Each girl exhibited a service of a complete breakfast for a growing girl and her projects were judged. These club members and their mothers seem to prefer the Meal Planning projects in preference to Baking which has previously been given. No baking projects were conducted this year. Anita Turley of Woodruff received the County Medal Award for the best work in Food Preparation.

#### Canning:

Only two girls carried canning projects this year but these girls canned 334 quarts of fruits and vegetables. This is the first time in 4 or 5 years that any 4-H canning has been done in the county. Plans are being made to have a canning club in several communities next year.

#### Handicraft:

The Home Demonstration Agent assisted a local teacher with a handicraft club. Only seven boys were enrolled in this project but a great deal of interest was shown and 28 well-constructed articles were completed.

#### Achievements:

Eight local achievements were held for 4-H clubs and the projects judged by the members and Home Economics leaders. Approximately 90 club members and parents attended these Achievements. Ribbon and achievement pin awards were given at these gatherings.

Thursday, August 27th, the Navajo County 4-H boys, girls, leaders, parents and friends, 190 in all, attended the County Round-up held at the Forest Service park in Lakeside. Mr. H. V. Allen, Jr. and Mr. Howard Smith of the Forest Service gave talks and demonstrations during the morning which greatly enlightened the audience on the services of that department. Fire extinguishing equipment was explained and demonstrated and the method of spotting fires and selecting trees for cutting was explained. Following the bountiful pot-luck lunch the club members took part in the afternoon program. At the close of the program County Medals and Certificates of award were presented to the winners. Mr. Emil Rovey, State

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Leader in 4-H work was present and had a loud speaker machine which was of great assistance during the program. Mr. Rovey showed movies at the close of the program.

CONTRIBUTION TO WAR EFFORT:

The Home Demonstration Agent has cooperated in the following projects which contribute to the war effort: Home canning, drying of fruits and vegetables, home storage of foods, enriched flour and bread, homemade breads, checking pressure cooker gauges, care and adjustment of sewing machines, home repairs, fire hazards, care of sick and accident preventions, supervision of refresher courses for Home Economics trained persons, supervision of Red Cross Nutrition classes, Victory gardens, poultry and egg production, milk, butter and cheese production, school lunch projects, cod-liver oil for school children, sugar substitutes, and the Campaign on Share-the-Meat.

COOPERATION WITH OTHER FEDERAL AGENCIES:

Farm Security Administration:

The Home Demonstration Agent attended community meetings conducted by the Farm Security Administration on Food for Victory at Linden, Snowflake and Joseph City. All agencies of the local Department of Agriculture were in attendance at all of these meetings. Representatives from each agency gave short talks on their part in the defense program on Food for Victory. One hundred and twelve farm men and women attended these meetings. The Home Demonstration Agent presented an 8-10 minute talk at each meeting summarizing her work with rural women giving special emphasis to ways of caring for and preserving home produced garden products.

War Board:

The Home Demonstration Agent attended two war board meetings and reported on information relative to garden seeds needed and needs for equipment to be used in preserving home produced foods.

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COOPERATION WITH OTHER FEDERAL AGENCIES: (Con't)

Agricultural Adjustment Administration:  
Surplus Marketing Administration:

No new centers in the Cotton Mattress and Comforter program were opened and all projects have been completed during 1942. Since the program began in 1940 a total of 1535 mattresses and 1432 comforters have been completed. Surplus materials were released to the Hopi Indian Reservation for use in making articles of bedding. During the year 1942 a total of 203 mattresses and 284 comforters were made and released to certified applicants.

Social Security, Public Health, etc.:

The Home Demonstration Agent has cooperated with the local Red Cross Chapter by presenting Red Cross Refresher Nutrition courses to ten Home Economics trained persons and by teaching night classes in the Red Cross Standard Nutrition Courses. She also presented nutrition information to the class in Social Security and Welfare which was taught in Holbrook by the Secretary of the Welfare Office, Mr. Delmar Layton.

Cooperation between the Extension Office and the County Nutrition Committee has been consistent. The Home Demonstration Agent acted as County Chairman during the absence of Mrs. Marvel Bruce in the summer. This committee has emphasized the following projects: Enriched flour and bread, Lunch for the School Child, General Health, Nutrition Courses, Share-the-Meat Campaign.

Office of Civilian Defense:

The Home Agent and Agricultural Agent met with the area commander of the Office of Civilian Defense and with representatives of the State Nutrition Council for a planning meeting on the Share-the-Meat campaign. Plans were made for reaching all rural families in Navajo County with information and literature on this subject. Miss Dryden and Miss McQuesten from the State Nutrition Council explained the background of this program and presented information which should be given training leaders.

A Nutrition meeting was held the following day with Nutrition Co-chairmen from Snowflake, Taylor, Holbrook and Joseph City in attendance. The County Nutrition Chairman called the meeting to order and introduced the representatives

Alice F. Beesley  
Home Demonstration Agent  
Navajo County, 1942

from the State Nutrition Council, who presented background information on the Share-the-Meat campaign. The Home Agent explained the duties of Block and Neighborhood Leaders who will carry the information and literature to each home in Navajo County. It was decided that in communities where visiting teachers of the L. D. S. Church can reach all homes that those people act as Neighborhood Leaders. In other communities the formerly chosen Neighborhood Leaders are taking the information to each home. The Home Agent and Mrs. Marvel Bruce, County Nutrition Chairman visited the community chairmen in 6 communities and took literature to them when it had been received by the OCD. The Home Agent held a conference with the Area Commander and Nutrition Chairman in Winslow to explain the part of the Nutrition Committee in training Block Leaders for that area. Mrs. George Stevens, Nutrition County Chairman and Mrs. A. S. Glidewell, Red Cross Nutrition Chairman will take the responsibility for assisting in organizing the Block Leaders in Winslow. Literature for Neighborhood and Block Leaders was received in the county November 27th. and the Leave-at-Home leaflets were received November 30th. This made it possible to get the information to each Block and Neighborhood Leader by Tuesday, December 1st.

Alice F. Beesley  
Home Demonstration Agent  
Navajo County, 1942

Dear Community Leader:

I had hoped to hold a Navajo County planning meeting at which leaders from each community would meet together and discuss the current problems of our state, county and communities.

It does not seem advisable to hold such a meeting with the present transportation difficulties so I am sending each of the presidents, nutrition leaders and clothing leaders the enclosed letter and hope you will study it carefully and indicate the projects or subjects on which you feel your community would like to have assistance from our Extension Office.

During the last week of this month I will be at an Extension conference in Tucson and at that time will consult with the State Home Demonstration Leader, the Extension Nutritionist and the Clothing Specialist. Together we will schedule the programs for the next year. Please feel free to suggest subjects other than those listed in the circular letter.

I must have your answer by Friday, the 22nd of May so that I can take this material to Tucson that weekend. I thank you for your cooperation and hope the Extension Service can be of service to your community in many ways during the coming year.

Sincerely yours,

ALICE F. BEESLEY  
Alice F. Beesley  
Home Demonstration Agent

AFB: eo'c

P. S. Enclosed is a page of information compiled by Howard R. Baker, Extension Economist. It may be a guide to you in planning programs for the coming year.

Dear Community Leader:

Please check the statements on which you feel your community would like Agricultural Extension Assistance.

Food Selection, Preparation, and Preservation.

1. Thrift in food buying.
2. Food supply for families of stated sizes.
3. Canning \_\_\_\_\_. Brining \_\_\_\_\_. Drying \_\_\_\_\_.  
Storing \_\_\_\_\_. Freezing foods \_\_\_\_\_.
4. Ways to prepare vegetables \_\_\_\_\_. Homemade bread  
\_\_\_\_\_. Dairy products \_\_\_\_\_.
5. Food substitutes.
6. Nutrition - group study.

Clothing - -

1. Remodeling clothing.
2. Care and repair of clothing.
3. Storing of clothing.

Household - -

1. Repair of equipment.
2. Kitchen wastes.
3. Upholstery.

Community Activities - -

- |                  |             |
|------------------|-------------|
| 1. 4-H Clubs.    | 4. Gardens. |
| 2. Sanitation.   | 5. Poultry. |
| 3. Water Supply. |             |

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List any other suggestions which you may have.



## FARM FAMILY INCOME IN 1942

By Howard R. Baker

### How the Farmer Spends His Dollar

Food	30%
Clothing	15%
Auto	14%
House Repairs & Operation	12%
Medical	8%
Household Furnishings	5%
Miscellaneous	10%
Savings	6%

A study made by the government indicated that in the smaller income farm homes, the income was spent in this fashion.

With larger incomes, the percentage of the income spent for things other than food will increase more than food.

Both national income and farm income will be up in 1942. Arizona farm income rose from \$58,000,000 in 1940 to \$80,000,000 in 1941. However, the income on many farms in Arizona will not increase greatly because of the small size of the farm business.

Farm prices will probably rise further in 1942, which means higher farm incomes. But goods farmers buy will also rise in price, so some farmers will not be much better off. Less goods will be produced for civilian use in 1942 as more labor is put to work on armaments and munitions. Many products will be difficult to buy and substitutes will be made available in many cases.

The following suggestions are offered:

1. Secure as much of the living from the farm as possible.
2. Secure information on the relative costs and values of food and buy the lower cost foods that will give the same protection and healthful nourishment.
3. Buy clothing carefully and wisely - mend and repair old clothing as much as possible. Home-made clothing will answer the purpose in most cases.
4. Buy in quantities that will give the greatest economical returns. In some cases one can buy ahead, not to hoard, but to avoid rising prices.
5. Omit capital improvements that can be made more advantageously after the War.
6. Expand the farm business only to that extent that the increased expenditure can be paid out within the period of high prices. But produce more efficiently with what you have.
7. Pay off farm debts during this period of higher prices.
8. Build a reserve fund now for use in the emergency period after the war.

# HOME DEMONSTRATION PLAN OF WORK

COUNTY Navajo and Apache HOME DEMONSTRATION AGENT Alice F. Beesley YEAR 1942

Project Sub-Project Phase	Communities where work will be done	Leaders No.	Method Dems. No.	Method of procedure	Goals	No. Days Spec.	No. Days HDA	Month
Home Accidents	10		10	Subject matter and illustration.	Better knowledge of dangers and preventions.		10	Jan.
Home Defense	12		12	Information and practices Food and Clothing.	Home efforts for furnishings needed commodities.		12	Feb.
*"Shoes"	12		12	Subject matter and illustrative material.	Better knowledge of choice of shoes and care of them.	4	12	Mar.
Gardens & Defense	12		12	Planned family gardens.	Better and more grown varied home products.		12	Apr.
4-H Club	All where interest is shown.			Organization			8	May
*Nutrition	12		12	Food for Defense		4	12	May
Nutrition	15		15	Dehydration of fruits and vegetables	300 families using methods of drying foods		18	June

\* Indicate when and where specialist's help is needed.

## HOME DEMONSTRATION PLAN OF WORK

COUNTY Navajo

HOME DEMONSTRATION AGENT Alice F. Beesley

YEAR 1942 (June -

Project Sub-Project Phase	Communities Where work will be done	Leaders no.	Enroll- ment no.	Method of procedure Information thro leaders	Goals	No. days Spec.	Month
Fire control	14	14		Information thro leaders	300 homes checked and fire hazards removed		July
Nutrition Drying fruit and vegetables	9	9	180	Demonstrate drying of vegetables and fruits produced locally	100 homemakers practicing the drying of fruits and vegetables		July
Red Cross classes	5	3	65	Follow Red Cross Instructor's Guide with demonstrations	65 Homemakers practicing the National Nutrition Program.		July Aug. Sept. Oct.
Care of Eggs	5			Demonstration on Candling and grading of eggs.	60 homes grading and candling eggs for sale 75 homemakers storing eggs for winter use.	2	July Aug.
School Lunch	14			Demonstration on lunches for the school age child.	14 schools serving hot lunch to all children	1	Aug. Sept. Oct.
Bread-making	7			Demonstration of homemade white bread using enriched soft wheat flour.	150 homemakers using homemade bread. all homemakers using enriched flour and bread		

# HOME DEMONSTRATION PLAN OF WORK

COUNTY Navajo

HOME DEMONSTRATION AGENT Alice F. Beesley

YEAR June-Dec. 1942

Project Sub-project Phase	Communities where work will be done	Leaders No.	Enroll- ment no.	Method of Procedure	Goals	No. days Spec.	Month
Poultry cookerey	7	7		Demonstrate cooking fowls for holiday service	150 homemakers have a better knowledge of ways of serving poultry for holi- day meals	1	Nov.
Clothing Sewing- machines	7	7		Train leaders in cleaning and care of sewing mach- ines.	60 sewing machines 1 cleaned and adjust- ed.	1	Sept.
Home Mgn. Repair and care of equipment	5			Demonstration of sharpen- ing knives, scissors, re- pair of electric cords, etc.	Better practices in home repair	1	Sept.
4-E Club Sewing	7	7	40	Assist leaders and give demonstrations on con- struction	Better construction Better knowledge of suitable materials	4	June July Aug.
Meal Planning	3	3	15	Assist Leaders	A knowledge of well planned breakfasts Cooperation in home meal preparation		